

Our child is now going to the nursery

Tips for parents



Soon your child is visiting the nursery. The start in the nursery is an important step for you as a family and a big moment. To assure that you can assist your child on this way and are well prepared, here are some suggestions and tips.

In this way you can support your child

Playgroup or other preschool group offers for children: The playgroup offers the opportunity to make the first experiences in a group.

Independence: Support your child in performing activities alone in daily life, such as e.g. dressing independently and going to the toilet alone.

Social behaviour: Give your child the opportunity to establish contacts with other children and adults outside the family.

Rules and rituals: It helps if your child knows important rules and rituals and learns to accept them. A consistent daily routine assures that your child is well-prepared for the nursery routine.

Sleep: Make sure that your child is sleeping enough. The nursery can be very challenging for children.

Nutrition: Care for a balanced nutrition of your child. Make sure that your child is drinking and/or eating something in the morning.

Health: A lot of outside activities are good for children and make it physically fit for nursery.

Consult your paediatrician in time, if you realize that there may be an issue with the health or development of your child.

Daily life: Support your child on its way into autonomy. Take your time. Let your child participate in your daily life and delegate small tasks such as setting the table. Spend your leisure time in a versatile way. This can be cooking together, making excursions into the woods or staying at home while crafting and drawing.

Playing: Playing in the nature will offer numerous precious experiences for your child. This promotes the general development.

Language: Talk with your child, listen, tell stories and look at picture books together.

Learning phases: Each child is learning in a different pace. Show happiness about what your child is already good at and praise the achievements – also for attempts and small learning advances. Your happiness about your child's activities is the best driving force for its further development.

Screen media (watching TV, mobile phones, computer games etc.): 3 to 5 year olds can use screen media up to 30 minutes per day together with adults supervising the use appropriate to their age.

The way to the nursery: Show your child where the nursery is located. Exercise the way to the nursery. After some time, it can walk this distance alone.

Cooperation: It helps your child if you know the nursery as well, are in contact with the nursery teachers and cooperate with them.

What you need to know

Is the age at which children are obliged to visit a nursery fixed?

If the fourth year of life is finished before 31st July, the child needs to visit a nursery as of the new school year. Those with parental authority have the right to postpone the entry by one year. The nursery takes two years. The visit is compulsory.

You will be informed about the entry to nursery by the school community in writing until 1st January. With this information you will be informed that your child is deemed as being registered for the nursery, if a postponement by one year is not declared until 1st March.

When is your child ready for the nursery?

At the time of entry to nursery children are differently developed. In the nursery the focus of attention is to individually promote the development of each child. School, parents and other caregivers commonly significantly contribute to this.

Are there exceptions to the regular entry to nursery?

Due to important reasons the entry to nursery can be performed one year earlier or later. Please contact the school community for this purpose.

On demand the Department of School Psychology can also be asked for an assessment of the developmental stage.

What can you do in case of uncertainties?

The school community helps you in case of uncertainties.

In case of uncertainties about emotional, social or intellectual development please contact the Department of School Psychology or the paediatrician.

In case of questions about the physical development please consult your paediatrician.

In case of questions about the language development please contact the school speech therapist.

Counselling for parents

Regional offices

Amriswil, Kirchstrasse 1, 8580 Amriswil, 058 345 74 60

Frauenfeld, Grabenstrasse 11, 8510 Frauenfeld, 058 345 74 30

Kreuzlingen, Konstanzerstrasse 13, 8280 Kreuzlingen, 058 345 74 80

More information at: www.av.tg.ch

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